



Easter Story Cookies



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 3 egg whites
- ☐ 1 cup pecan halves
- ☐ 1 pinch salt
- ☐ 1 teaspoon distilled vinegar white
- ☐ 1 cup sugar white

Equipment

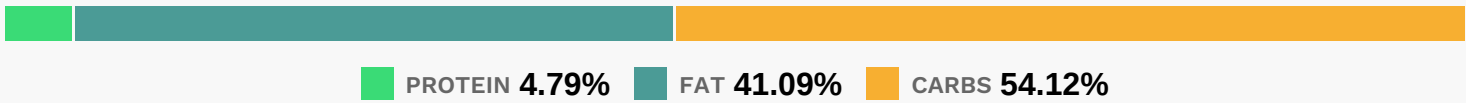
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Place pecans in a resealable plastic baggie. Crush the pecans into small bits. Read John 19:1-3
- ☐ Put 1 teaspoon vinegar into a medium bowl. Read John 19:28-30
- ☐ Add egg whites to the vinegar. Read John 10:10-11
- ☐ Sprinkle salt into the egg whites. Read Luke 23:27
- ☐ So far, the mixture isn't very appetizing.
- ☐ Add 1cup sugar. Read Psalm 34:8 and John 3:1
- ☐ Beat with mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Read Isaiah 1:18 and John 3:1-
- ☐ Fold in broken nuts. Drop by teaspoons onto parchment paper lined baking sheet. Read Matthew 27:57-6
- ☐ Place cookies in the oven close the door and turn the oven off. Read Matthew 27:65-6
- ☐ Go to bed. Read John 16:20 and 2
- ☐ In the morning open the oven and take out the cookies. Read Matthew 28:1-

Nutrition Facts



Properties

Glycemic Index:7.23, Glycemic Load:7.78, Inflammation Score:-1, Nutrition Score:1.4782608830087%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate:

0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 83.43kcal (4.17%), Fat: 4g (6.16%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 11.34g (4.12%), Sugar: 11.34g (12.6%), Cholesterol: 0mg (0%), Sodium: 10.57mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Manganese: 0.25mg (12.43%), Copper: 0.07mg (3.4%), Vitamin B1: 0.04mg (2.43%), Fiber: 0.53g (2.11%), Vitamin B2: 0.03mg (1.84%), Selenium: 1.28µg (1.82%), Magnesium: 7.21mg (1.8%), Zinc: 0.25mg (1.68%), Phosphorus: 16mg (1.6%)